

City of Redmond Group Exercise Fall Schedule

Classes run September-December. For specific start/end dates refer to each class.

Morning	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6	Jazzercise		Jazzercise		Jazzercise		
8	Jazzercise		Jazzercise		Jazzercise		
8:30						Jazzercise	
9							
		Senior Strength		Senior Strength			
9:15					Yoga from Your Chair		
9:30	Jazzercise	Jazzercise	Jazzercise	Jazzercise	Jazzercise		
	Blue Sky Outdoor Fitness		Blue Sky Outdoor Fitness		Blue Sky Outdoor Fitness		
10	Senior Cardio		Senior Cardio	Tai Chi Chuan - on-going	Hatha Yoga		
10:15							
10:30							
11:00				Tai Chi Chuan - beginning	Zumba		
12:00							
Evening							
3:00							
4:00							
5:00							
5:15	Beginning Yoga						
5:30	Jazzercise	Jazzercise		Jazzercise			
			Zumba				
6:00		Nia Technique	Tai Chi Chuan	Nia Technique			
6:30		Yoga for Full Figures					
7:00	Intermediate Yoga						
7:30				Healing Moves - Yoga for Every Body			
Location	ORSCC	Perrigo Park	Adair House	Senior Center			

		Class Descriptions				
	Blue Sky Outdoor Fitness: Designed to accommodate all levels of fitness, you will be challenged no matter what your level is. We work on cardiovascular endurance, flexibility, and strength training. Price includes before and after assessments. Bring an exercise mat and water. Register through Redmond Parks and Recreation or directly through instructor with cash or check. For additional information please call instructor Lisa Schrader #206-406-0809.	Hatha Yoga: Discover how to increase flexibility, improve balance and circulation, relieve stress, and relax! Learn proper breathing, stretching, body awareness, and better posture through yoga. These exercises will help you increase muscle tone and feel great! For ages 18 and over.	Healing Moves- Yoga for Every Body: Looking for a way to improve your health and handle stress more effectively in your life? Learn how to increase balance, flexibility, and core strength while improving posture, sleep, breathing, and the ability to relax & release stress from your body, mind and heart. Please bring a yoga mat, strap, & yoga block (a set is available for loan for your free first class). Light, or no eating within two hours of class.		Jazzercise: Register at any class at any time, for additional class info and pricing contact us at www.redmondjazz.com or Phone: 425.898.1561 Push your body- find your beat! Each 60-minute Jazzercise class offers a fusion of jazz dance, resistance training, Pilates, yoga, and kickboxing movements into easy to follow dance routines. Benefits include increased cardiovascular endurance, strength, and flexibility, as well as an overall 'feel good' factor.	Nia Technique: In Swahili, Nia means with purpose; it also stands for Neuromuscular Integrative Action. It is an expressive fitness and awareness program that teaches a holistic approach to health. By blending movement, free expression, some elements of dance, T'ai Chi, Yoga, and other forms of movement, you can get an incredible workout! Nia movements are designed to work in a range of motion making your joints feel free and relaxed.
	Senior Strength: Designed to improve your balance, strength and muscle tone. With the use of a chair, light weights and tubing, you will learn specific exercises to work all the major muscle groups in your body. Offered for ages 50+. Fee is based on the monthly number of opportunities to exercise. Please wear comfortable clothing and bring a water bottle. Register early. This class does fill up quickly!		Senior Cardio: Designed to improve your agility and cardio-respiratory endurance through the use of low impact and easy dance movements. Set to upbeat music, this class is sure to be lots of fun! Offered for ages 50+. Fee is based on the number of opportunities to exercise each month. Please bring an exercise mat and a water bottle.		T'ai Chi Chuan - Beginning: Learn the slow and graceful movements of Tai Chi Chuan. Stephanie Adelman, teaches traditional Yang Family Tai Chi Chuan, the most commonly practiced style. Daily practice of Tai Chi Chuan ultimately leads one to self-development and harmony with the universe. Some of the many benefits are improved strength, coordination, posture, concentration and general energy level.	T'ai Chi Chuan - on-going: For student that have completed the introductory series and wish to continue to practice together. Instructor permission required.
	Beginning Yoga: This is the perfect class for beginners and those with limited experience. A regular yoga practice provides amazing benefits for the body, mind and spirit. Yoga equips us with the tools needed to live our lives joyfully. Allison Whiteley has over 10 years experience practicing and teaching yoga and has a 200 hour certificate from the Purna Yoga College. Sticky mat and 8 foot strap required.	Intermediate Yoga: This class emphasizes refinement of basic poses. We will continue to explore inversions, backbends, forward bends and twists. Students must have completed the Beginning Yoga class or have 6 months experience. Allison Whiteley has over 10 years experience practicing and teaching yoga and has a 200 hour certificate from the Purna Yoga College. Sticky mat, 8 foot strap and 2 shoulder stand pads required.		Yoga from your Chair: If you are interested in yoga but don't have the mobility to get onto the floor, this is the class for you. Based on Hatha Yoga you will increase your flexibility and circulation, improve respiration, and expand your awareness of body, mind and spirit.	Yoga for Full Figures: Don't let your size keep you from experiencing the life enhancing gifts of a consistent yoga program. Viniyoga meets you where you are through the use of modifications and adaptations of poses. This allows you to experience the rewards of yoga such as increased flexibility, strength, energy, and vitality regardless of your body-type or fitness level. Bring a yoga mat or blanket to class; and it is best if your stomach is empty. Open to age 18 years and older.	Zumba: Zumba is coming to Redmond! Zumba is great cardiovascular workout set to dynamic Latin rhythms with easy to follow moves from Latin dances. No dance experience required. Please wear comfortable loose clothing, sneakers and bring water.